

Italian Style Vegetables (FDD)

Makes: 8 Servings

Low-sodium canned tomatoes are used to make this recipe. Buy canned vegetables labeled reduced sodium, low sodium, or no salt added.

Ingredients

1 cup low-sodium canned tomatoes (drained and chopped)

2 tablespoons vegetable oil

1 onion (medium, sliced)

2 zucchinis (small)

1 cup low-sodium green beans (canned, drained)

2 cups low-sodium canned corn (drained)

1 clove garlic (chopped or 1/4 teaspoon garlic powder)

1/2 teaspoon dry oregano (if you like)

Directions

1. Heat oil in skillet; cook onion over medium heat until soft.
2. Add zucchinis, green beans, corn and garlic. If using oregano, add that too.
3. Cook over medium heat for 5 to 7 minutes or until tender. Add tomatoes in the last minute of cooking. Stir occasionally.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder